Food and Home Notes

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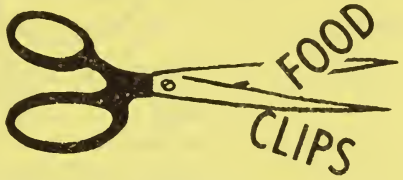

In This Issue:

The depth of the pan actually makes a big difference in your baking time according to the U.S. Department of Agriculture home economists. Use the appropriate size and number of pans when following a recipe.

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Cured and smoked pork requires refrigeration unless stated otherwise on the label. Cured sausages should be wrapped and stored in the refrigerator.

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Barbecuing? To maintain even heat when cooking over charcoal -- space coals about an inch apart. Add new charcoal around edges and wait until it is glowing before pushing it toward the center.

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Does your outdoor cooker have a hood, or a dome? If you line it with aluminum foil it will speed up the cooking process.

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Fresh pork sausage is made from ground pork blended with spices and other seasonings. It must be cooked before eaten! Do not nibble on raw pork sausage.

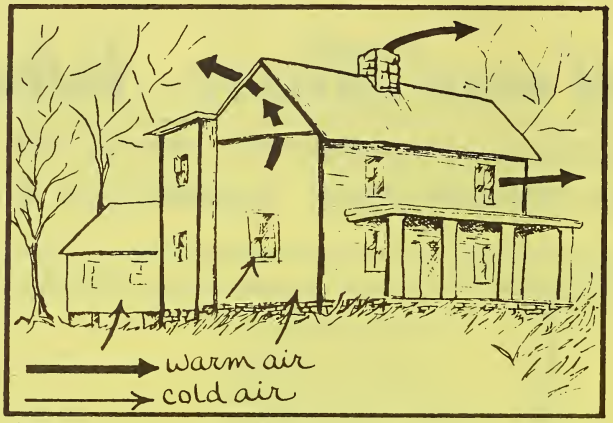
BACK TO THE FARM
—OR WHERE THE HEARTH REALLY IS!

If you look back to the 1950's there was a strong trend of everyone, (seemingly) moving into the city. Young people grew up -- and left home. According to a recent survey by the Economic Research Service of USDA, a net of 5 million people left nonmetro areas to head for the cities.

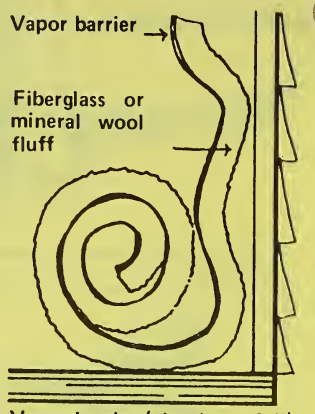
In the 1960's people continue to leave many of the areas of chronic rural exodus, such as the Great Plains (both north and south) -- however, the percentage was not as great as in the 50's. And now -- there's a reversal to this trend.

In the 70's the trend seems to be "Back to the farm". Growth in nonmetropolitan counties between April 1970 and July 1973 shows an increase of 4.2 percent. This is the first period in this century where nonmetropolitan areas have grown at a faster rate than metro areas.

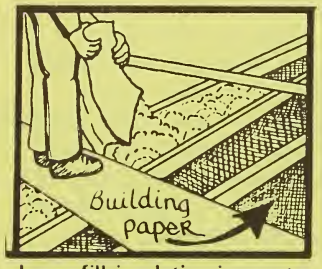
What's the reason for the trend? A decentralization trend in U.S. manufacturing has been a major factor in rural and smalltown economy. Another factor has been the growth of recreation and retirement activities.



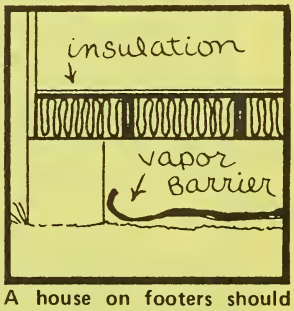
Warm air in your house keeps rising and escaping up through the roof and chimney, and out through the walls—unless something stops it. Cold drafts come in through windows, floors, cracks and holes, and around door and window frames.



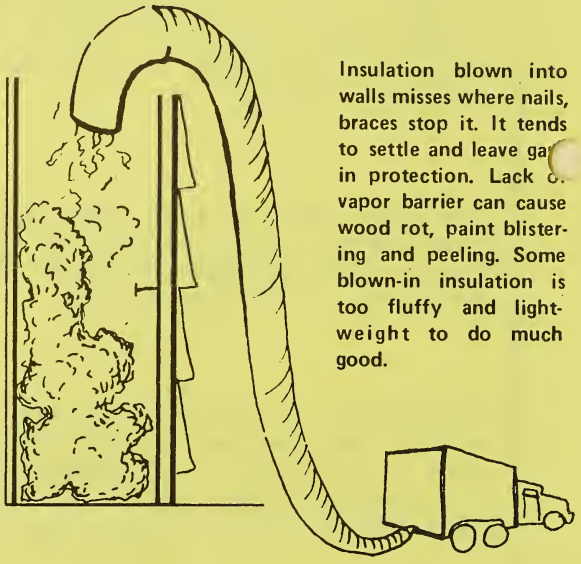
Vapor barrier (aluminum foil) on one side of roll-type insulation keeps dampness from passing to outside wall.



Loose-fill insulation is easy to apply to unfloored attic. Put vapor-proof building paper down first.

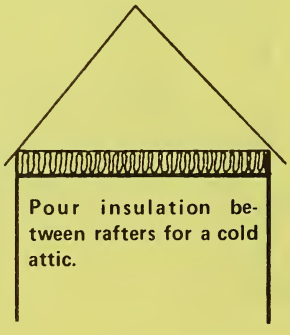


A house on footers should have insulation under floor. If space is closed in with a foundation or skirting, floor insulation is still good. A vapor barrier on ground will help keep dampness out of rooms above.

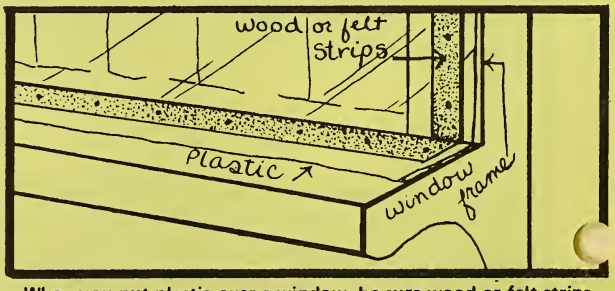


Insulation blown into walls misses where nails, braces stop it. It tends to settle and leave ga[illegible] in protection. Lack o[illegible] vapor barrier can cause wood rot, paint blistering and peeling. Some blown-in insulation is too fluffy and lightweight to do much good.

Insulate roof when attic is heated or floor is finished.



Pour insulation between rafters for a cold attic.



When you put plastic over a window, be sure wood or felt strips butt together to keep plastic from tearing.

LOOKING TOWARDS WINTER
---AND KEEPING WARM, FOR LESS

Those heating -- and cooling -- bills get you down? Proper insulation can increase temperature-control efficiency by reducing the load on both heating and cooling equipment according to Extension Service specialists. Better yet, it's possible to reduce the family's total heating-cooling costs up to 45 percent.

The project is made to order for cost-conscious do-it-yourselfers according to Jay Hensley, University of Kentucky Extension Information Specialist. Her family's personal experiences in installing insulation in their nine-room farmhouse started with the attic--because most of the heat goes up through the roof, according to University of Kentucky Agricultural engineers. Batt type insulation works well; either insulate the attic floor between the joists--with batt or loose-fill mineral wool, glass fiber, or cellulose insulation to the depth of 6 inches. Or, if your attic is floored, staple blanket or batt insulation between the rafters. Either way, you'll cut heating costs about 15-20 percent according to Ms. Hensley. Usually you can insulate the attic floor in a typical four or five room house for about $50 to $75.

Overlap edges of insulation for a snug fit all over so that warm air won't have a place to leak out. Pretend any hole is the stopper pulled out of a bathtub full of water, and you'll get the picture of how warm air escapes. If the vapor barrier (always placed towards the inside of the house) gets nicked or torn, patch it with tape.

The importance of a vapor barrier is that the warm, moist air in your house will travel until it hits a cold surface, and then it condenses. When loose-fill insulation is in a wall, the moisture will go through the warm interior wall, and through the insulation until it hits the cold sheathing or siding of the house. There it condenses and starts the destructive process of decay, paint blistering and peeling.

More --

- - - And Keeping Warm, for Less (Con't)

Carefully caulk and weatherstrip doors and windows. This easy inexpensive project can reduce energy cost up to 10 percent.

If you don't have storm windows and doors you can put a sheet of clear plastic film inside the frames and tape it to the window. Or, you may staple or tack it to the window frame through strips of cardboard or wood so the plastic won't become torn. Either type of protection (combination storm windows/doors or the home-made plastic covering) can reduce indivdual fuel cost by about 15 percent--and make your home more comfortable too.

saveenergy

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The right bulb in the right place helps fight pollution and-helps our energy problem. Know your Lumens, Watts and Hour Ratings. The Lumen measures how much light to expect; the Watt measures the power used by the bulb; the Hour Rating tells the average life of the bulb. These ratings are printed on each package. A 100-watt bulb with a high lumen rating will burn brighter than a 100-watt bulb with a lower rating..... but it won't burn as long. Use the higher rated bulbs for the kitchen and for reading. Be wise ....if you don't need as much light,save your money and use lower lumen bulbs. A 60-watt bulb burns for 17 hours for the same money it takes to light a 100-watt bulb for 10 hours.

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If you have a "Hoot"idea, send it with documentation to Woodsy Owl, USDA Forest Service, Room 3224, South Agriculture Building, Washington, D.C. 20250.

NOTE: Additional information for the MEDIA and photographs (when applicable) may be obtained from: Shirley Wagener, Editor of Food and Home Notes, Room 535-A, Office of Communication/Press Service, U.S. Department of Agriculture, Washington, D.C. 20250 Or telephone 202-447-5898.
